

Heartbeat Drum: Heart Rate Chart



A healthy human heart beats within a range depending on the person's age and activity level. Use the chart below to check your heart rate!

	Beats per minute
Babies to Age 1	100-160
Children Ages 1-10	60-140
Children 10+ and Adults	60-100
Athletes	40-60

Try this Exercise - Record your heartbeat after the following:

Start:

10 Jumping Jacks:

Stand Still & Take Deep Breaths
for 1 Minute:

Run in Place for 1 Minute:

